

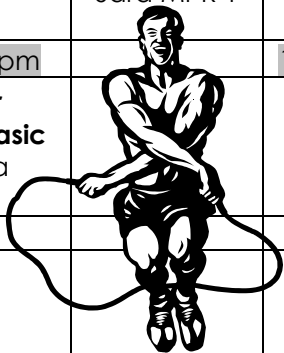


# XYO Fitness Schedule

## Cub Run RECenter

September 18-30

All classes on this schedule are FREE with the purchase of daily admission or any RECenter pass!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-6:55am		6:00-6:55am		
		<b>Group Cycle</b> Donna MPR 1		<b>Balls &amp; Chains</b> Donna- MPR 1		
9:00-9:55am	9:00-9:55am		9:00-9:55am			8:30-9:25am
<b>Cardio Funk</b> Venus MPR 1	<b>Mix it Up</b> Sara MPR 1		<b>Mix it Up</b> Sara MPR 1			<b>Step &amp; Sculpt</b> Richard MPR 1
12:00-12:55pm		10:00-10:55am			9:30-10:15am	9:30-10:25am
<b>Stroller Strength Basic</b> Deanna MPR 1		<b>Yoga Basic</b> Rose MPR 1			<b>Group Cycling</b> Dana MPR 1	<b>Fit to the Core</b> Richard MPR 1
		4:30-5:25pm		12:00-12:55pm		
		<b>Group Cycle</b> Christy MPR 1		<b>Pilates Basic</b> Chris MPR 1		
5:30-6:25pm		5:30-6:25pm				
<b>Body Sculpt</b> Corin MPR 1		<b>Yoga Fusion Basic</b> Christy MPR 3				
6:30-7:15pm	6:00-6:55pm	5:30-6:25pm	6:00-6:55pm	<div> <p>Can't find the class you're looking for? Check out Cub Run's registered class offering in the <i>Parktakes</i> catalog or online at <a href="http://www.fairfaxcounty.gov/parks/parktakes.htm">http://www.fairfaxcounty.gov/parks/parktakes.htm</a></p> </div>		
<b>Group Cycling</b> Corin MPR 1	<b>Jump &amp; Pump</b> Ryan MPR 1	<b>Cycle Challenge</b> Corin MPR 1	<b>Cardio Funk</b> Venus MPR 1			
	7:00-7:55pm		7:00-7:55pm			
	<b>Cycle Challenge</b> Gay MPR 1		<b>Cycle Challenge</b> Gay MPR 1			

Please send questions and suggestions to  
Ryan.Taber@fairfaxcounty.gov

4630 Stonecroft Blvd.  
Chantilly, VA 20151  
703-817-9407

Class formats and instructors  
are subject to change!



## XYO Class Descriptions



**Balls & Chains** – Combine group cycling and strength training on the stability ball for a great cardio and core workout. All levels.

**Body Sculpt – NEW!** - The ultimate in body shaping! A strength training workout employing hand weights, body bars, and resistance bands to sculpt, define, and tone the upper and lower body. All Levels.

**Cycle Challenge** - A high-intensity, longer duration version of group cycling class that will truly challenge your cardiovascular system and help to build endurance. Intermediate/Advanced.

**Fit to the Core** – Strengthen your core of power for improved posture and alignment. Exercises in this class focus on abdominal, lower back, and gluteal muscles. All levels.

**Group Cycling** – Take your ride inside! Our instructors will take you through variable speeds and resistance levels for a great endurance workout. Please bring a water bottle and a towel to class. All levels.

**Cardio Funk- NEW!** - Get ready to sweat! An original invigorating funk/hip-hop aerobics routine designed to give you an adrenaline rush and a cardio high. All Levels.

**Jump & Pump** – Challenge your cardiovascular and muscular systems by combining plyometrics, jumping rope, and calisthenics. All levels.

**Mix it Up** – Fight fitness boredom in this class that mixes cardiovascular training, strength training, and stretching. Check out all of our equipment, including rubber resistance, stability balls, dumbbells, and BOSUs. All levels.

**Pilates Basic** - Is for the Pilates beginner. It is designed to teach fundamental concepts and basic moves of Pilates. All Levels.

**Step & Sculpt** – Pack your cardio and strength training into a single class. The first half focuses on step patterns, followed by exercises to build muscle and bone density. All levels.

**Stroller Strength Basic – NEW!** Get a cardiovascular, strength and flexibility work-out while using your stroller and child. Class will take place outside, weather permitting. Please bring stroller and child. All levels.

**Yoga Basic** - Learn basic yoga postures and breathing techniques to prepare for our Yoga I class. Beginner.

**Yoga Fusion Basic NEW!** - This class incorporates Pilates exercises and Yoga postures to develop strength, flexibility and balance.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354